

## I CLAIM:

1. An ergonomical massaging pillow comprising a pillow body having at least one side being a cavity and the surface of the pillow body provided with a plurality of extendable slits; and an insertion rod  
5 mounted within the cavity and having a plurality of connectable sections with various hardness and softness and the surface of the insertion rod being a plurality of recesses so that a plurality of protrusions are formed on the surface of the insertion rod and the size of the protrusions and the recesses depend greatly on the weight of  
10 the spinal cord of the user.
2. The ergonomical massaging pillow of claim 1, wherein the hardness and softness of the connectable sections are decorated with different colors.
3. The ergonomical massaging pillow of claim 1, wherein the body of  
15 the insertable rod is provided with through hole.
4. The ergonomical massaging pillow of claim 1, wherein the protrusions on the insertable rod is mounted with a plurality of magnetic stones.
5. The ergonomical massaging pillow of claim 1, wherein the  
20 protrusions on the insertable rod are of various shapes.

6. The ergonomical massaging pillow of claim 1, wherein the pillow body is added with fragrant and refractory material.
7. The ergonomical massaging pillow of claim 1, wherein the insertable rod is provided with connecting structure, facilitating dismantling and combination of the insertable rod.
8. The ergonomical massaging pillow of claim 1, wherein the insertable rod is made from sponge rubber or plastic material.
9. The ergonomical massaging pillow of claim 8, wherein the insertable rod includes different material for each section on the rod.
10. The ergonomical massaging pillow of claim 1, wherein the two sides of the pillow body are provided with a high protrusion and a low protrusion and a recess is formed between the high protrusion and the low protrusion, and a plurality of slots are formed on the high protrusion, the low protrusion and the recess.